



presents

# MORGAN HILL GET FIT

Open House, 5K and Family Run

## October 16

8am-1pm

5K Run/Walk • 8:00 am  
Family Fun Run • 9:30 am

# Enjoy

Free Access  
to the CRC

Group FitLinxx  
Demonstrations

Fitness Tips for All Ages

Youth Activities

Free Food, Fun  
and Giveaways



Centennial Recreation Center  
171 W Edmundson Ave  
www.mhrcrc.com • 782-2128

# Teen Sports & Active Recreation

## FUNDAMENTALS OF TENNIS

This is a course designed to teach the fundamentals, proper techniques and skill development to the players. Bring a tennis racket and dress appropriately. Space is limited, so sign up now!  
Instructor: Mike Myers

Location: Community Park, Tennis Courts

Activity#	Date	Day	Time	Age	Sessions
2300.201	6/22-7/8	T/TH	9:30am-10:30am	13-18yrs	6
2300.202	7/20-8/5	T/TH	9:30am-10:30am	13-18yrs	6

Resident \$77/ CRC Member \$72

Non-Resident \$82/ CRC Member \$77

## TEEN TENNIS LEAGUE

This junior program is designed for the individual who already knows how to play the game. He/she should be able to hit balls and rally consistently with a partner. The emphasis of the program is skill development and preparation for match play with the goal to prepare The Juniors for USA Team Tennis play. Bring a tennis racket and dress appropriately.

Instructor: Mike Myers

Location: Community Park, Tennis Courts

Activity#	Date	Day	Time	Age	Sessions
2300.203	6/18-7/9	F	4:30pm-5:30pm	13-18yrs	4

Resident \$53/ CRC Member \$48

Non-Resident \$58/ CRC Member \$53

## TENNIS: PRIVATE LESSONS

See page 40 for class information (adult)

**City CONNECTION**  
MORGAN HILL NEWS

## READ ALL ABOUT IT!

Starting on page 55.

TEENS